



Serves: 4

Oyster Sesame Vegetable Rolls

Ingredients

- Canola oil 2 tsp
- Garlic, minced 20g
- French beans, sliced into strips 200g
- Carrots, sliced into strips 200g
- Tau kwa, cut into strips 250g
- Light soy sauce 2 tsp
- Oyster sauce 10g
- White pepper, a pinch
- Sesame seeds 1 tsp
- Spring roll skin (frozen thawed) 8pcs

Tips:

- Use measuring spoons and cups as helpful kitchen tools that allow you to measure just the right amount of oil and seasonings used in cooking.
- Use unsaturated oils (e.g. sunflower oil, canola oil, olive oil) instead of saturated oils (e.g. ghee, butter, blended vegetable oil) to reduce your risk of heart disease.
- Fruit, vegetables, oats and beans are rich in soluble fibre which helps lower blood cholesterol levels.

Method

- In a pre-heated wok, add oil and fry garlic till fragrant.
- Add vegetables and tau kwa and fry for 5 minutes until all ingredients are cooked.
- Season accordingly with condiments. Adjust to taste.
- Leave cooked vegetables aside and keep warm.
- Lay a spring roll skin out on a clean, dry plate. Spoon cooked vegetables on it, and sprinkle with sesame seeds.
- Fold the left and right side towards the center of the roll. Finish by rolling the whole spring roll into a cylinder shape. Repeat steps 5 & 6 till ingredients are used up.
- Serve by slicing into half or enjoy as whole.

Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 184 kcal
Protein 0g
Total fat (g and % of total calories)
5.9g (37.1%)
Saturated fat 0.7g
Cholesterol 0mg
Carbohydrate 11.9g
Dietary Fibre 2.7g
Sodium 418 mg